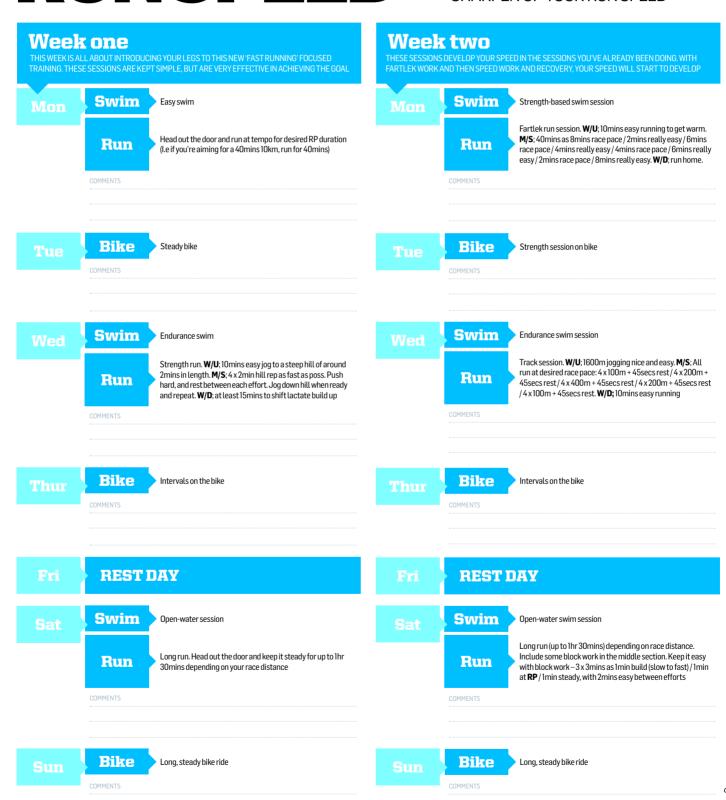


## THE PLAN

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## BUILD YOUR RUNSPEED

NEED TO SPEED UP FOR LATE-SEASON OLYMPIC- AND SPRINT-DISTANCE RACES? THEN LOOK NO FURTHER. THIS FOUR-WEEK PLAN WILL USE THE FITNESS YOU'VE BUILT ALREADY AND SHARPEN UP YOUR RUN SPEED



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THE PLAN



## IKES, this race season is nearly over and perhaps you feel you could squeeze just a little bit more out of that third discipline.

Running on tired legs is never a good feeling. You end up going slowly and feeling like you never hit that top speed you knew you were capable of at the beginning of the season. By following this simple yet effective four-week plan with three key sessions

 $of running \ per week, you'll be able to build on your \\ current fitness \ and \ shave seconds \ off that run time.$ 

You can't suddenly step up your run volume or intensity and keep it at that level—you'll get injured. But for just a few weeks, provided you have a good fitness base and no running injuries, you can speed up using our sharpening sessions.

Here's how to race your run rather than 'just get through it'.



## Week three Week four BUILDING STRENGTH, THIS WEEK WILL HELP BEAT THAT BURNING SENSATION IN YOUR LEGS, AND RUN QUICKLY AFTER. IT'LL HURT, BUT NOT AS MUCH AS IT'LL HURT OTHERS WHEN YOU FLY BY RECOVERY WEEK. EVEN THOUGH YOU'RE LOOKING TO GET FASTER, REDUCING THE VOLUME OF TRAINING WILL HELP. THE DURATION OF SESSIONS DECREASES, BUT THE INTENSITY STAYS UP Swim **Swim** Strength swim session Endurance swim Long reps. W/U; 10-15mins easy jog out to loop. M/S; find a 800m loop, on grass if poss (try a football pitch), $4\times2$ laps run just below RP + 60secs rest. Then $4\times1$ maintaining that pace + 60secs rest between each rep. W/D; 10mins easy run 30mins tempo run, keep things uncomfortable but in control Run Run Bike Hill reps on bike **REST DAY** Track session. **W/U**; 10mins easy shuffle around track. **M/S**; $10 \times 200 m \, \text{RP} / 200 m$ easy jogging. Keep things rolling with no extra rest between reps. **W/D**; 10mins easy Run **Swim** Endurance swim session Strength session. W/U; 10mins easy jogging. M/S; find a short steep hill with a flat or slight downhill over the top. 4x 60secs at RP up hill then 60secs maintaining effort on the Run flat over the top. Jog down and repeat. W/D; 10mins easy jog Swim Speed session Bike Speed session on bike Thur **REST DAY** Fri Run Long run. Just keep it steady this week, up to 1hr **REST DAY** Again, heading out the door for up to 1hr 30mins depending on your race distance. This time, pick a hilly route and Run run up hills as hard as you can, but use the downhills and flats as recovery Bike Long steady bike ride Bike Long, steady bike ride Key W/U: warm-up M/S: main set W/D: warm-down RP: race pace

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